



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation Module 3 – Part 4: How to Create a Framework for Your Day

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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At the start of your day...

1. Meditate for at least 10 minutes.

- **Stress reduction** and **better emotional health** are just two of the many scientific benefits of meditation.
- As part of your meditation you may ask for **guidance** for the day.
 - If there's a particular **challenge** you're dealing with, I'll ask for guidance on how to address/handle the issue.

2. Write down 3 things you're grateful for.

- Being grateful for what you already have shifts your energy and puts you in **harmony** with what you **WANT**, so you attract more **good** things into your life.

3. Send love to anyone who is upsetting you.

- Most of the time we send bad energy to someone bothering us—instead send love; it's not about the other person, it's about the **vibration** you're putting yourself in and sending love puts YOU in a **good** vibration.

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At the end of your day...

Write down 3 wins for the day.

- What are 3 things that went **well**?
- Our minds naturally want to focus on **negative** things i.e. what we did wrong or how we've been "bad" with our choices, or what we still haven't accomplished yet.
 - This is focusing on the **GAP** – the space between where you are and where you want to be.
- We have to train our brains to stay focused on the **GAINS** not the gaps.
 - When we focus on the gains, we're putting our energy into **celebrating** those little milestones or "wins" we accomplish on our journey towards accomplishing our goals.
 - When we stay focused on your wins, we keep feeding ourselves the **positive energy** we need to feel **inspired** and keep moving forward.

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Next Up...

Module 3 – Part 5:
How Unresolved Trauma Makes You
Sick, Fat and Tired!

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